

# Living our Values

@psychologistrebeccam

Refer to the list over the page and identify your top 4 values—the beliefs that are most important to you and fill you with purpose. Values are how you want to behave and show up in the world. Values are not about what you want to achieve; they are about how you want to behave day to day; how you want to treat yourself, others, and the world around you.

Values:

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When was a time when you were living your values? How did that look?

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What does living outside of your values look like?

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How can you live life more aligned to your values? What needs to change?

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# Values List

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Accountability	Integrity
Achievement	Intuition
Activism	Job security
Adaptability	Joy
Adventure	Justice
Ambition	Kindness
Authenticity	Knowledge
Balance	Leadership
Beauty	Learning
Belonging	Legacy
Career	Leisure
Caring	Love
Collaboration	Loyalty
Commitment	Nature
Community	Openness
Compassion	Optimism
Competence	Order
Confidence	Parenting
Connection	Patience
Contentment	Patriotism
Contribution	Peace
Cooperation	Perseverance
Courage	Personal fulfilment
Creativity	Power
Curiosity	Pride
Dignity	Recognition
Diversity	Reliability
Efficiency	Resourcefulness
Environment	Respect
Equality	Responsibility
Ethics	Risk-taking
Fairness	Security
Faith	Self-discipline
Family	Self-expression
Financial stability	Self-respect
Forgiveness	Serenity
Freedom	Service
Friendship	Simplicity
Fun	Spirituality
Generosity	Success
Giving back	Teamwork
Grace	Time
Gratitude	Tradition
Growth	Travel
Harmony	Trust
Health	Truth
Heritage	Understanding
Home	Uniqueness
Honesty	Usefulness
Hope	Vision
Humility	Vulnerability
Humor	Wealth
Inclusion	Wellbeing
Independence	Wholeheartedness
Initiative	Wisdom